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Crime and Nourishment

Sun 2:49 pm +00:00, 5 Jan 2025

posted by pete fairhurst 2

Source: https://canspeccy.blogspot.com/2024/12/crime-and-nourishment.html

In Prisons, Replacing Junk Food With Whole Foods Reduced Violence By 80%

In Juvenile Detention Centers, Replacing Junk Food With Whole Foods Reduced Violence By 91%

Food is the most powerful intervention for mental health & behavior. “If You Give Prisoners Healthy Food, Swapping Out All The Crap They Eat In Prisons, There’s A 56% Reduction In Violent Crime. If You Add A Multivitamin, It’s An 80% Reduction. Because They Are All Nutritionally Depleted.”

The same has been done with adolescents in juvenile detention centers with clinical trials. The kids are disruptive, violent, aggressive, oppositional & suicidal. Stopping the SAD diet filled with Ultra Processed Foods & seed oils, instead giving them whole foods, there was a 91% reduction in all violent behavior, oppositional behavior, the need for restraints went down & suicide went down 100%.
Suicide is the third leading cause of death in that age group, it went down 100% — no suicides. “The SAD (Standard American Diet), full of Ultra Processed Foods, excess carbohydrates, sugar & seed oils, disconnects the Amygdala from the frontal lobe of the brain. The frontal lobe is the grown up in the room, the adult — your higher self. The Amygdala is part of your reptile brain, your lizard brain. It’s going to fight or flee. Physiologically these parts of the brain are connected. But what happens if you eat crap, they get disconnected. And so you’re constantly reacting from your Amygdala with no grownup in the room. Which is why we see this level of divisiveness and hatred & all the upheaval we’re seeing in society now.
@CS
So if the prime cause of violence in our society is the unregulated sale of junk food and widespread vitamin deficiency, we must accept that our governing authorities are hopelessly unaware of the scientific realities relating to the issues on which they legislate. For apparently, the only action required to achieve virtual elimination of violent crime, suicide and juvenile delinquency is to prohibit the sale of junk food and toxic seed oils. But no level of government does a thing to this end.
Althernatively, the same objective might be largely achieved by massively high (several hundred percent) taxes on these toxic products, plus mandatory inclusion of vitamins in multiple basic food sources. But don’t hold your breath for any action from Justdim Trudeau or any of the other dummies in Ottawa seeking to take Justdim’s place.
Meantime, watch out for folks at large and under the influence of French fries and candy.
Prison Nutrition & Chronic Disease:
https://sites.brown.edu/publichealthjournal/2023/05/02/beyond-the-food-how-prison-nutrition-policy-contributes-to-lasting-chronic-disease/
Crime & Nourishment:
https://pmc.ncbi.nlm.nih.gov/articles/PMC4693953/
Adolescent Good Nutrition = Good Behavior:
https://pmc.ncbi.nlm.nih.gov/articles/PMC4817227/
Source:
https://x.com/ValerieAnne1970/status/1873980051034722655

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The Alternative View 5G Special

Sunday 9th March 2025 - South Wales

John Kitson - Claire Edwards - Mark Steele

Each speaker will be focusing on a different aspect of 5G and associated subjects

Early Bird Tickets ~~£40.00~~ £37.00

Tickets and Info

On Sunday the 9th March 2025 The Alternative View travels to South Wales for a one day 5G Special Event. We will be bringing together three experienced and knowledgeable speakers on the subject of 5G. If you want to join us tickets are available at an early bird discount rate for a limited time.

The Alternative View Presents

Roger Anderton

Einstein Wrong and Special Relativity Revisited

The Assembly Rooms Glastonbury - Sunday 4th May 2025

Early Bird Tickets ~~£37.00~~ £30.00

Tickets and Info

We are told the speed of light cannot be exceeded. What if that is wrong? What if Einstein was wrong and the theory of General Relativity is incorrect? Could that open up a whole new world of possibilities? In May 2025 The Alternative View returns to Glastonbury where Roger Anderton will be asking those questions and putting forward an exciting new model.

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Events in the UK

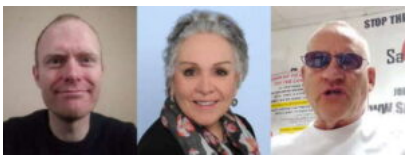
The Alternative View 5G Special

Date: 9 March 2025

Time: 11:00 - 16:30

Location: The Glanrhyd Coronation Club, Glannant, Ystradgynlais, Swansea, SA9 1BQ

More info



Speakers: John Kitson – Claire Edwards – Mark Steele

Each speaker will be focusing on a different aspect of 5G and associated subjects

Event hosted by Gary Fraughen

Info and Booking

The Glanrhyd Coronation Club, Glannant, Ystradgynlais, Swansea, SA9 1BQ

The Alternative View Presents Roger Anderton

Date: 4 May 2025

Time: 11:00 - 16:00

Location: The Assembly Rooms, Glastonbury, Somerset, UK

Einstein Wrong and Special Relativity Revisited

The Assembly Rooms, High Street, Glastonbury
Sunday 4th May 2025

Join us in Glastonbury for **The Alternative View Presents** Roger Anderton

Event hosted by Gary Fraughen

Info and Booking

The Assembly Rooms Glastonbury

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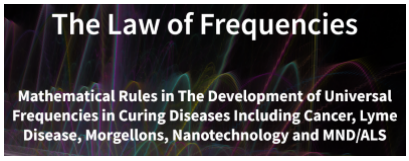

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